

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

JUNE 10, 2005



Sgt. Joseph A. Lee

Mike Leonguerrero (right) fights to shake off an arm bar, being executed by his opponent, Kyle Miyahana, late in the first round. Miyahana defeated Leonguerrero in the second round by way of a guillotine choke.

Brawlers mix it up at FCS III

Steve Byrnes,
Tripson Kerisiano
to fight for title belt

Sgt. Joseph A. Lee
Sports Editor

Two Marines from Marine Corps Base Hawaii, Kaneohe Bay, fought at Kahuna's Sports Bar & Grill Community Ballroom Saturday night in front of a packed military and civilian crowd for Full Contact Showdown 3, and Marine fighter Steve Byrnes was in attendance to announce his upcoming bout for the Full Contact Showdown Title Belt at BayFest.

With a 10-fight card that included Bulls Pen fighters Mike Leonguerrero and first-timer Justin Holcombe, the Marines of K-Bay were prepared to provide as much hometown support for the two fighters as possible.

First of the two Marines to fight, Holcombe, a corporal from Marine Air Group 24, was to face Makoa Hanaike, a fighter from the Mixed Martial Arts Development out of Kailua, Hawaii.

As Holcombe entered the ring, he let out a flurry of punches just outside of the ring, letting the hometown crowd know that he came to fight.

"When I first got into the ring, I was really pumped up," said Holcombe. "I wanted to get the other guy onto the ground where I could do what I'm good at and that's ground and pound, but being my first time in the ring, I found that I probably should have taken my time."

As the two fighters started their bout, Holcombe was the first to shoot, attempting to take down and get the upper hand on Hanaike, but

Hanaike was more than prepared for Holcombe's shoot.

"When I watched the tape afterwards, I saw



Sgt. Joseph A. Lee

Shane Piccaro receives attention from his coaches after being on the receiving end of a disqualifying kick to the head by Bryson Kamaka. Piccaro was originally scheduled to fight Jamaul Perkins, but ended up facing Kamaka after the card was rearranged.

everything I should have done and one of them was to stand up more," said Holcombe.

When the two fighters hit the mat, Hanaike quickly got the upper hand on Holcombe, mounting him from the rear and attempting to strike at every available opportunity.

"Once he got his hooks in on me, there was little I could do," said Holcombe.

Fighting to free himself from Hanaike's mount, Holcombe was finally able to get to his feet and immediately threw a roundhouse kick that Hanaike charged through, throwing strikes with his fists and again knocking the unbalanced Holcombe to the ground and delivering a series of devastating blows to the back of Holcombe's head. With only seconds remaining in the first round, Holcombe was forced to submit.

"I was disappointed with my performance, but it was definitely fun, and I'll be continuing with the sport," said Holcombe after the bout. "The other fighter was very skilled, and it was worth the experience coming into the full-contact ring for the first time."

See *SHOWDOWN*, C-7



Sgt. Joseph A. Lee

Erik Moreno (left), HQBN midfielder, keeps the ball away from Josh Vasquez of MAG-24. Monday's matchup was fought for in the midfield.

HQBN shows up MAG-24, 6-2

Sgt. Joseph A. Lee
Sports Editor

Headquarters Battalion again came out on top, Monday night at Pop Warner field, after defeating MAG-24 6-2 in the most anticipated intramural soccer game thus far in the season.

Both teams dominating on the field over their competition this season, it was no surprise to see fierce action in this soccer game that neither team expected to be a blowout.

It was MAG who struck first Monday night with a frontal assault on Headquarters Battalion's back-up keeper that caused him to leave an open gap just wide enough for MAG-24's Ramon Aldona to slip one through as rain fell sporadically throughout the

first half.

When HQBN regained control, a corner kick was re-centered on a header by midfielder Sean Denson and put into the goal by John "Barros" Barrosvarela, quickly tying the game at 1-1.

When Barros broke free inside on the following play, the MAG-24 defense caved in to assist their keeper, and a quick heel-pass from Barros to Stefon Herbert coming in from the outside secured goal as Herbert easily tapped in the net beneath the MAG-24 keeper, giving HQBN the lead, 2-1.

Behind, but far from out, MAG-24 quickly regained their composure as Timothy Kummerer linked up with Andrew Urey from outside-in, to tie the game back up at 2-2.

"I knew this would be a close

game," said Headquarters Battalion coach, Marco Franco, at the half. "Coming out here, I knew this would be our toughest challenge of the year."

At half time, the rain again began to fall, giving a slick surface to the grassy field, which both teams took notice of, planning to keep their shots low to the ground to increase the ball's velocity on their shots.

As the second half began, both teams fought for control, but offensive strikes were quickly dismantled by attentive defensive players responding to breakaways on both sides of the field.

The relentless HQBN team wouldn't let the game end in a tie, and on the following play, a corner kick was shot directly into the crowd in front of the goal where

the ball impacted the head of MAG-24 player, William Chinberg. Unfortunately for Chinberg and MAG-24, the ball was directed straight back into their own goal, putting HQBN on top, 3-2, and sparking arguments amongst the MAG-24 defensive players.

"Once they started arguing, I knew we had to take advantage," said Franco.

With MAG-24 defenders lagging along the sidelines in argument, HQBN mounted an offensive strike with a shot on goal by a forward Joe Wilgus, but it was blocked by the MAG-24 keeper, and the rebound was redirected by an aerial header by Barros straight back into the MAG-24 goal, scoring the fourth for Headquarters Battalion.

See *SOCCER*, C-6

BASE SPORTS



Sgt. Joseph A. Lee

Out to the ballgame

Travis Eslinger connects with a hit for Headquarters Battalion in their game against the 3rd Marine Regiment Yellow Shockers. HQBN defeated the Shockers in a blowout Tuesday evening. Don't forget to come out to Riseley Field to cheer on your favorite intramural softball team Mondays, Tuesdays, Wednesdays and Fridays. Also, Intramural soccer games are being played at Pop Warner field Mondays, Wednesdays and Fridays. Make an evening out of it by bringing food and beverages to the field. Your team needs your support, and it's always something fun and safe to do on base with the family.

Saturday

Eastside Juniors Bowling League begins — There's no sport like bowling to bring friends and families together in a fun and competitive environment. In June, K-Bay Lanes Bowling Center is offering the opportunity for youngsters 7 through 21 to join the Eastside Juniors Bowling League.

Starting Saturday, and running through Sept. 24, the Eastside Juniors Bowling League will feature three games per week for 16 weeks.

Registration is \$31 and includes prepayment for the weeks of June 11 and Sept. 17 and 24, as well as a one-time \$10 sanction fee. The cost per week is \$7. Returning sanctioned bowlers pay \$21. The season ends with an awards banquet on Oct. 1, during which all participants who paid in full will receive awards.

For more information and to register, call the K-Bay Lanes Bowling Center at 254-7664.

Monday

Health and Fitness Fair at Semper Fit Center — Make a run

for the Fitness and Health Fair, to be held at the MCCS Semper Fit Center on Monday.

The fun-filled fair will run from 4 to 8 p.m. Patrons will be treated to displays and information encompassing all areas of fitness and healthy lifestyles. Bring the children out after school for an educational frenzy.

Displays include: fitness, safety, nutrition, and more from your local base fitness and healthy lifestyle resources education.

The Fitness and Health Fair points of contact are Fitness Coordinator Jon Shiota, 254-7597, and Health Promotion Coordinator Dan Dufrene, 254-7636.

Thursday

Single Marine & Sailor Program Hosts Shank & Slice Golf Tournament — Register now

for this quarterly golf tourney, to be held on June 16, at 12:30 p.m.

Cost is \$27 for E-5 and below, \$34 for E-6 and above.

Bring your boss and show him or her who really rules the course (one boss per player-sponsor must play

with guest). Check in at 11:30 a.m.

Fees include green fees, cart, prizes, pupus and beverages. Prizes from Fujifilm Hawaii, GEICO Direct, Maui Tacos, Papa Johns, Pizza Hut and Taco Bell, Bank of Hawaii and McDonald's will be awarded.

Call 254-7593 to register or for more details.

June 21

Semper Fit Center Hot Water Outage — The Kaneohe Bay Semper Fit Center will experience a brief hot-water outage due to inspection certification on June 21. The outage will only last one day, from about 8 a.m. to 3 p.m.

For more info, call 254-7597.

June 22

Staff NCO Golf Tournament — Swing into summer with the four-man scramble best ball golf tournament on June 22. The tournament is open to Staff NCOs of all services, family members and sponsored guests. Shotgun start is at 12:30 p.m.

Team prizes will be available for first, second, third and last place. There will also be longest drive and closest-to-the-hole contests. This event is sponsored by GEICO, Papa John's Pizza, Fujifilm Hawaii, McDonald's and Big City Diner.

For more information or to sign up call 1st Sgt. Mark Drinkwater at 257-2600; Todd Murata, golf course manager, at 254-1745 or Dickson Alvarado, SNCO Club manager, at 254-5481.

Ongoing

Extended Summer Pool Hours — The base pools at Kaneohe and Manana have now extended their operation hours for summer swimming. The Kaneohe Bay Base Pool will be open Tuesday to Friday from 11 a.m. to 1 p.m. for lap swimming and from 1 to 6 p.m. for recreation swimming. Saturdays, Sundays and holidays, the pool will be open from noon to 6 p.m. for recreational swim-

ming.

The Manana Pool will be open Tuesday to Sunday and holidays from noon to 6 p.m.

Call 254-7655 for information about hours, swim lessons, pool parties, junior life-guarding and more.

Camp Smith Intramural Softball League Registration Now — Camp Smith athletics is currently accepting registrations for the Intramural Softball League. The league will begin on Monday.

Game days and schedules will be announced in the near future. Submit your team rosters to Camp Smith's Fitness Center, located in Building 2C, or call Angela Pittman at 477-0498 or 477-5197.

Semper Fit Center Offers Personal Trainers — For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer, who will take body fat ,measurements, blood pressure, heart-rate readings and mor. They will do all this and tailor a program based on your physical needs and ambitions. For only \$5 per workout, your trainer will actually train with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now, or call 254-7597.

Aerobics Room Gets a Little Cooler — The aerobics room at the Kaneohe Bay Semper Fit Center is getting a facelift! Air conditioners will be installed, which will impact class schedules.

The room will only be closed on the weekdays. Aerobics classes will remain at the center, but held in different rooms.

Call 254-7597 for scheduling information.

Campground and Picnic Sites — For picnic and camping sites, Marine Corps Base Hawaii offers

some of the most scenic beaches on the island. Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation for picnics and parties from dawn to dusk. Hale Koa Beach may also be reserved for overnight camping.

Reservations are required. to reserve a camp site, call 254-7666 for Kaneohe or 477-5143 for Camp Smith.

Semper Fit Center Offers it All — The Semper Fit Center has an aerobics class for anyone and everyone trying to meet fitness goals.

Check out as many of the following programs as you would like: Yoga, Cycling, Tai Chi, Cardio-Kick, Gut Cut, Step-Challenge, Water Aerobics, Pilates, Marathon Training and much, much more. For class information, call the Semper Fit Center at 254-7597.

Fishing Charters Available at MCB Hawaii — Spend the day aboard one of Bill Collector's Fishing Charter boats. Bill Collector (formerly Mahalo Kai) has been serving MCB Hawaii since 1992, offering a day of fishing in the bountiful waters off the Windward side.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

Inexpensive, Fun Entertainment — Look no further for economical entertainment Mondays through Thursdays at the K-Bay Lanes where all E-5 and below can receive free rental shoes and discounted games at only \$1.50 a game.

This discount is good for open play, but does not qualify for tournaments, leagues or unit functions.

For more information, call the K-Bay Lanes at 254-7693.

Color Pin Special — Every Wednesday, roll a strike. When a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win! Call the K-Bay Lanes at 254-7693.

Semper Fit Group Exercise June 2005

Monday

8:45 – 10 a.m. — Step 2 It
11:45 a.m. – 12:15 p.m. — Gut Cut
4:45 – 5:45 p.m. — Cycling (\$3/\$1 active duty)
5:45 – 6:45 p.m. — Class Coming Soon
6:45 – 7:45 p.m. — Pilates

Tuesday

6 – 7 a.m. — Cycling (\$3/Free to active duty)
8:30 – 9:30 a.m. — Class Coming Soon
9:30 – 10:30 a.m. — Yoga
6 – 7 p.m. — Class Coming Soon

Wednesday

8:45 – 10 a.m. — Step Challenge
4:45 – 5:45 p.m. — Cycling (\$3/\$1 active duty)
5:45 – 6:45 p.m. — Class Coming Soon
6:45 – 7:45 p.m. — Pilates

Thursday

6 – 7 a.m. — Cycling (\$3/Free to active duty)

8:30 – 9:30 a.m. — Class Coming Soon
6 – 7 p.m. — Step 2 It

Friday

6 – 7 a.m. — Class Coming Soon
8:45 – 10 a.m. — Step 2 It
11:45 a.m. – 12:15 p.m. — Gut Cut
4:45 – 5:45 p.m. — Cycling (\$3/Free to active duty)
5:45 – 6:45 p.m. — Pilates

Saturday

10 – 11 a.m. — Water Aerobics

Note: A book of 10 single-class coupons for \$2 each can be purchased for \$15 at the Semper Fit Center.

Semper Fit also offers Aikido instruction Mondays and Wednesdays at 8 p.m., and Fridays at 7 p.m.

COMMUNITY SPORTS

Join HTMC in June

Saturday at 9 a.m., the Hawaii Trail and Mountain Club will be meeting at the Temple Valley Shopping Center parking lot for a two-mile novice hike through the Kahaluu Valley.

A step backward in time through the once terraced taro patches on the windward side, this hike is both educational (if the signs are still readable) and a way to get a good workout on a Saturday morning! There might be mud and mosquitoes if it's been raining. Be prepared. The coordinator for this hike is Donna Davis-Brown, at 422-7830.

Sunday at 8:30 a.m., members only will be meeting at Swanzey Beach Park for a six-mile advanced hike through Kaaawa Ridge.

Experience trail maintenance in progress, as the TM crew will be slightly ahead of the hikers. Meet the hard-working folks who do so much for us. Experience the difference between a cleared and uncleared trail. Maybe you'll be so impressed, you'll want to join them! Or bring along your own tool today and help out. Remember, safety first!

In the 1950s, the legendary Dick Davis developed this short, but demanding loop above Kahana Valley. The steep ascent is more of a rock climb than a hike, and the narrow summit crossing is a frightening tightrope walk without a net! The views are stupendous, but don't let your eyes stray from the trail for too long. Save some adrenaline for the equally steep descent. The coordinators for this hike are Thea Ferentinos and Justin Ohara, who can be reached at 375-0384.

June 19 at 8 a.m., all hikers are invited to join the HTMC on a 12-mile advanced hike along Aiea Ridge. This trail offers rich rewards for those who step beyond the generalities, but do not throw caution to the wind when hiking this lengthy, undulating trail to the summit with superb views of the Kaneohe coastline. The coordinator for this hike is Mike Fujita, who can be reached at 550-2535.

Hawaiian Half-Marathon

The 5th Annual Hawaiian Half-Marathon will start at 5 a.m. on Sunday at Ala Moana Park Drive next to the Waikiki Yacht Club. Participants should be at the start by 4:45 a.m. The five-mile walk will start at 7 a.m. on Monsarrat Avenue, in front of the Waikiki Shell.

Race packets can be picked up at the Running Room, 819 Kapahulu Ave., today, from 4 to 7 p.m., or at Runners Hawaii, 98-390A Kamehameha Hwy., Saturday from 9 a.m. to 4 p.m. Friends or relatives may pick up packets with a valid ID. Parking will be available in the Magic Island parking lot, only until 4 a.m. No vehicles will be allowed to enter or exit Ala Moana Park after 4 a.m.

The Honolulu Zoo parking lot will also be available. There will be a clothing drop off at the entrance of Magic Island and all clothing must be picked up at Kapiolani Park no later than 9 a.m. For more information, send an e-mail to HawaiianHalfMarathon@kihnhn.com, or to volunteer, call RRH Productions, LLC at 923-0492.

Jamba Juice 5k BananaMan Chase Returns

Strap on your running shoes and join the fifth annual Jamba Juice 5k BananaMan Chase, July 9 at 6:45 a.m.

Individuals and teams of at least 10 people are invited to walk, run or roll the 3.1-mile course at Ala Moana Beach Park. The first three male and the first three female participants to pass the "Banana Couple" and cross the finish line, as well as the top male and female participants to cross the finish line in the following age categories, win an entire year of Jamba Juice: 12 and under; 13 to 15; 16 to 19; 20 to 29; 30 to 39; 40 to 49; 50 to 59; 60 to 69; and 70 and older.

Participants must turn in a completed application form, liability waiver and \$25 entry fee. Applications can be picked up at any Jamba Juice store or downloaded from www.jamba

hawaii.com/Jamba_5k_BananaMan_Chase.507.0.html. All forms and the entry fee should be mailed to MDA Hawaii, 210 Ward Avenue, #222, Honolulu, HI 96814.

A 2005 BananaMan Chase T-shirt is guaranteed if your application is postmarked by June 16. Pre-registered applicants must pick up their packets at Jamba Juice, Ward Village, on July 1 between 4 and 7 p.m. or on July 2 between 10 a.m. and 2 p.m.

All donations benefit the Muscular Dystrophy Association to fund research aimed at conquering more than 40 neuromuscular diseases that affect more than 500 children and adults in Hawaii.

For more information about MDA or to become a BananaMan Chase team leader, call Audrey Taniguchi at 548-0588 or visit www.mdausa.org.

25th Annual Tinman Triathlon

The "People's Triathlon" starts and ends at Kapiolani Park area in Waikiki July 17. It is a beautiful and doable venue for all level of interested athletes. Signups are \$100 until Thursday, and \$115 until July 7. Online registration closes July 7, at 8 p.m.

The triathlon is comprised of an 800 meter swim, a 40 kilometer bike ride and a 10 kilometer run. Participants must be 15 years of age or older by July 17.

Each finisher will receive a commemorative award on race day. All awards will be presented on race day at a ceremony at approximately 11 a.m. at Kapiolani Park Pavilion. The number of awards will be determined by the number of athletes competing in each age group division.

To qualify to compete in the Elite Division, the athlete must submit official documentation that he or she will be able to complete the entire race within two hours for men and two hours and 20 minutes for women. The top five finishers of elite men and elite women will receive overall awards.

Active military participants will be eligible for awards for male and female divisions, along with age group awards. Males 220 pounds and above, females 160 pounds and above will be eligible for additional awards, along with age group awards.

2005 Sports Car Racing Gears Up

The Hawaii Region Sports Car Club of America will host six major races in 2005 and Solo II races on Oahu and Maui.

Solo II, or Autocross, is held at the Hawaii Raceway Park at Campbell Industrial Park on Oahu and costs \$25 per driver. About 70 to 90 cars, from stock vehicles to race cars, usually compete. The event is purely amateur, but anybody can participate.

Each driver receives four runs through the sports car course, and the driver with the single fastest time in the class wins. Points acquired throughout the year accumulate for prizes and trophies presented at year's end. Minimum participation in more than half of the year's races is required to be in the running for points and the run-off championship. Races are scheduled as follows: July 3, Aug. 14, Sept. 18, Oct. 2, Nov. 13 and Dec. 26. For more details, call Curtis Lee at 262-5987.

The Wheel-to-Wheel and Solo I racing events are regional sports car races at Hawaii Raceway Park.

Both the driver and vehicle must comply with a number of safety features before they are granted race entry. Future races will be on the following dates: July 10, Sept. 5 and Nov. 26. For more details, call Ed Hollman at 488-1782.

Hawaii Marine Accepts Briefs

Advertise sports and recreational activities of interest to the Department of Defense community in the *Hawaii Marine*.

E-mail items to editor@hawaiimarine.com, fax items to 257-1289 or call 257-8837.



The Bottom Line

(Editor’s Note: “The Bottom Line” is the **Hawaii Marine’s** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The **Hawaii Marine** welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “If you don’t speak up, you won’t be heard.”)

‘The Longest’ waste of \$6.50?

Sgt. Joe Lindsay
The Goat

(Goat Note: So as not to give away the story, readers who have not yet seen the “The Longest Yard” [2005] should go directly to the “Bottom Line” portion of this article).

If you have never seen the 1974 version of “The Longest Yard,” starring Burt Reynolds, the time to rent it is not immediately before or after seeing the 2005 remake starring Adam Sandler. If you have already seen the original, put it out of your mind, at least for one hour and 54 minutes anyway. Even though both movies follow the same basic story line, you will only be setting yourself up for disappointment, because there is no comparison.

Sure, the storyline may be roughly the same, but the spirit and intentions of the two films are on polar opposite ends of the spectrum. The original was a gritty drama that happened to be extremely funny without forcing the issue, set against the times in which it was made, and had a sort of “stick it to the man” edge that truly makes one pull for the underdog convicts. It was filmed at a real prison and many of the extras were actual inmates and guards.

Without being too melodramatic, it is probably fair to say the original was a film of social revolt. Perhaps in the “We’re not gonna take it,” Twisted Sister sense, but a social revolt nonetheless. It was a film for students who didn’t like their teachers;

for teachers who didn’t like their principals; for employees who didn’t like their bosses, and ultimately, for citizens who didn’t like their government.

It was, quite simply, a good film, and has withstood the test of time. So good, in fact, that The Goat can’t help himself, and is doing just what he asked the readers not to do — compare the two films.

If one has never seen the original, or has the mental will power to block it out, then the modern version really isn’t as bad as all the critics are saying.

Nobody is pretending to try to win an Academy Award in the film. They are just trying to have fun with it, and audiences should too.

Sandler, the film’s hero, plays the role of Paul “Wrecking” Crewe, a former NFL quarterback who years earlier was implemented in a point-shaving scandal that ruined his career. Now, six years later, he finds himself perpetually drunk, and, much worse, as the kept man of a very rich, plastic, nagging, domineering and social, ladder-climbing woman played by Courtney Cox Arquette. One night he finds himself drunk, relaxing upstairs in her mansion while one of her cocktail parties is going on downstairs. They get in an argument when he doesn’t want to join the party, and Crewe bails, taking her Bentley, and his six-pack, with him.

What ensues is a DUI stop, followed by a car

See GOAT, C-5

Kristin Herrick
The Cheese

Remakes are never as good as the originals. Whether you’re talking movies or music, there’s something about the original that sticks. It may be the nostalgia, or it may, in fact, be that the original is really always better.

Whatever the case, it really doesn’t matter to me in the instance of “The Longest Yard” because — using the excuse of being less than a quarter of a century old — I have not seen the original. I have no emotional tie to the 1974 version, nor does it take me back to memories of making out with my high school boyfriend in the back of a dark theater.

That being said, I went into the movie with no expectations — and a breath mint, just in case.

After settling into my seat in a near-empty theater (apparently Monday afternoons aren’t the most popular for taking in a movie), I waited for what has become a favorite part of patronizing Consolidated Theaters — the hunky Hawaiian men paddling, dancing and chanting. I enjoy this purely for cultural education purposes only, of course.

With the sound of the conch still echoing in my ears, the 2005 version of

“The Longest Yard” began. I have to admit, it was funny. Since The Goat has already given away the whole film, I’ll forego the summary, but I will say, it gave me a warm “Shawshank Redemption” meets “Necessary Roughness” vibe.

What surprised me the most was the performance given by Nelly. If there were a “Best Rapper Turned Actor” category at the Academy Awards, he might just walk away with the Oscar. I could have done without the encore “Waterboy” presentation by Rob Schneider, but I guess being a gigolo doesn’t pay what it used to.

Bottom Line: It was well worth the \$8 plus \$6.25 for soda and popcorn (be grateful for your military discount) to see some hard-hitting football action. Hopefully, it will hold me over until August. Surprise wasn’t a strong point of the movie, even having not seen the original; but it was fun, witty, and had the element of schoolyard prankery to seal the deal. Even though I don’t normally laugh out loud when by myself, I found myself enjoying quite a few chuckles, many at the expense of transvestite cheerleader Tracy Morgan. He makes a very pretty woman. And, if you’re not after humor ladies, Burt Reynolds still looks good.

You Drink.
You Drive.
You Lose.

Alcohol-related motor vehicle crashes kill someone every 31 minutes and nonfatally injure someone every two minutes.

— National Highway Traffic Safety Administration

What is your child getting into at the playground?

Last year, a half million kids were seriously injured at their neighborhood playgrounds. Many of these injuries could have been prevented by the supervision of a knowledgeable adult. Make sure your child knows how to use the equipment safely and follows playground rules at all times. Never allow him or her to play on equipment that is installed near concrete, hard-packed dirt, fences, or any other hard object. For more information, call 1-800-824-BONES, or visit www.aao.org.

American Academy of Orthopaedic Surgeons
(It's keep you well corrected.)

American Heart Association.
Fighting Heart Disease and Stroke

Surge protector

Control high blood pressure

EFMP can help Marine Corps families

Cherie Dewar

www.lifelines.usmc.mil

Realizing that service members function best when they know life on the home front is peaceful, the Department of Defense established the Exceptional Family Member Program to help families with special needs.

The Marine Corps EFMP program facilitates duty assignments in locations that meet the needs of an exceptional family member.

Enrollment in the program connects the family to a wonderful support network and doesn't hinder the service member in his or her military career.

Program overview

The Marine Corps EFMP, overseen by Manpower and Reserve Affairs, uses four categories when evaluating

the requirements of a special-need family member:

1. Needs do not generally limit assignment.
2. Pinpoint assignment overseas and within the continental United States.
3. No overseas assignments.
4. Areas within the continental United States that have major medical centers.

Each base has an EFMP coordinator to guide you through the enrollment process and point you to support groups and programs in your area. Enrollment also qualifies you for aid from the Marine Corps EFM Assistance Fund, and Category IV members have priority for on-base housing.

EFMP vs. HTP

In addition to some common misconceptions about the EFMP

program, another one involves the difference between the EFMP and the Humanitarian Transfer Program.

The HTP exists for a variety of family emergencies, such as an accident, cancer treatment, the need to care for parents, or a premature birth.

While in the HTP, the service member is not deployable, and re-enlistment is placed on hold.

If the situation requires care for longer than six months, the family is enrolled in the EFMP, making the service member eligible for deployment and re-enlistment.

The HTP can move a family so the situation can be addressed. The EFMP cannot move a family, but you can be enrolled in both the EFMP and the HTP at the same time.

Together We Grow

If you're concerned that enroll-

ment in the EFMP — which is mandatory for special-needs families — will hinder your career, look no further than the former Commandant of the Marine Corps. Retired General James L. Jones's daughter has been an exceptional family member since birth, and the former Commandant candidly spoke his thoughts on the subject in the northern San Diego-area newspaper, the North County Times.

"It's not going to count against you to help your children gain their full potential," he said. "I'm here to tell you as the Commandant of the Marine Corps that I'm a better person for the experience of being the parent of a special-needs child, and our family is a better family for it."

The general was interviewed when he attended the dedication ceremony of a day-care center for special-needs children in Oceanside,

Calif., called Together We Grow.

This extraordinary establishment staffs nurses, Braille teachers, and occupational, speech, and physical therapists, and provides assisted-technology computers to aid with speech.

One of the four rooms in the new center is named for General Jones's daughter — Jennifer's Jungle Safari Room. A second TWG center operates on base at Camp Pendleton, and a third is in the Murphy Canyon military housing area of San Diego.

Terry Racciato, TWG president, said there are plans to open more centers at Marine installations in Quantico, Va., and Camp Lejeune, N.C.

Both military and civilian families living near the centers can use them whether their children have special needs or not.

Knowing dental benefits can save money, teeth

Jennifer Hochlan

www.lifelines.usmc.mil

They may be the most underappreciated part of the human body. Then they let you know just how neglected they feel. Your teeth. Taking care of them might seem like a chore, but with the TRICARE Dental Program, administered by United Concordia, a great smile can be yours.

With any medical plan come certain restrictions and limitations. Knowing what these are ahead of time can save a lot of frustration and actually help you get the most from your coverage. Your dental plan isn't just for emergencies — it's for prevention. Cleanings, x-rays, and dental check-ups can catch small problems before they become larger and more painful (in your mouth and your wallet).

Benefits overview

The TDP's benefit year runs from February 1 through January 31 — it does not follow a normal calendar year. The annual maximum payment TDP makes for services is

\$1,200 per enrolled member. Orthodontic coverage is separate and is currently \$1,500 for lifetime costs (not per year). An online chart shows the current percentage of the cost TDP pays.

Certain preventive procedures are paid in full by the TDP:

- Cleanings are allowed twice per consecutive 12-month period. Do not confuse this by thinking "twice a year." For example, if you have a cleaning done in March and another in September, you are not eligible to have another cleaning until March of the following year. So if you go again in February, even though it is in the next calendar year, it will not be covered. Just think "every six months," and stick to it as well as you can.
- Bitewing x-rays (not to be confused with panoramic or complete x-rays) and standard oral exams are allowed once within a 12-month period.

•Complete series x-rays are done on a 36-month timeframe (be sure to ask your dentist which x-rays he is performing, for your records).

More in-depth benefits coverage can be found in the Concordia TRICARE website in the Member Benefits Guide or by contacting your area's customer service representative.

Keep track of your dental care

Dental benefits can be confusing, and if you don't ask the right questions, they can be costly as well. Keep accurate records, ask about coverage before you have a procedure done, and keep on track with

any payments you may need to make. United Concordia has an excellent organizational tool, My Dental Benefits, designed to help keep track of dental procedures and what coverage remains, and to help in finding post-treatment care.

Changing dentists

If you have a permanent change of station, make sure you know what procedures are covered. Your new dentist may not be able to perform all the procedures (such as x-rays) he or she may want.

Just as you transfer your medical information, you should also transfer your dental records. Have copies

made and sent to your new dentist or have them made ahead of time so you can transfer them.

Don't be caught off guard with an expensive dental bill.

Call your United Concordia representative or stop in and ask your base representative about what procedures are covered before seeing your dentist.

You don't have to floss all your teeth — only the ones you want to keep. Take care of yours by seeing your dentist regularly. For more hygiene tips, visit the tooth fairy before she visits you. For healthy teeth and gums, remember to get your annual check-up.



Sgt. Donald Bohanner

Sarah Taylor, player for Oceanside Freedom of N.Y., and Jamie Scott of Chantilly Arsenal from Virginia, fight for possession of the ball during the 30th Annual Virginian Soccer Tournament, June 2, in front of Lejeune Hall. Chantilly Arsenal won the game 1-0. Of the 635 teams from around the country who competed in the three-day tournament, 36 played at Marine Corps Base Quantico, Va.

Quantico hosts 30th Virginian

Sgt. Donald Bohanner

MCB Quantico Public Affairs

MARINE CORPS BASE QUANTICO, Va. — Marine Corps Base Quantico hosted 36 teams from the 30th Annual Virginian Soccer Tournament that ran from May 27–29. A total of 635 teams, who traveled to Virginia from all over the country, competed throughout the state of Virginia for their chance to play for the championship held at Occoquan Regional Park in Lorton, Va., on Monday.

More than 2,200 players, officials and spectators came out to participate in the event on Marine Corps Base Quantico.

“This is the 30th anniversary of the tournament and there is no better place to have it than at Quantico,” said Tony Prince, Virginian Soccer Tournament representative. “This venue at Quantico has been one of the best for the 9 to 12 age groups. Everyone always says that they love playing at Quantico.”

According to Gary Falconer, the tournament’s director, the mission of the Virginian Memorial Day Tournament is to provide Springfield Youth Club travel players with an opportunity to play soccer against the best possible teams, consistent with the players’ skills and development level, and for the players, coaches and families to interact positively with a broad cross-section of the soccer community while bringing respect, visibility and financial support to the Springfield Youth Club and its travel teams.

Teams from all over the country and Canada came to participate in the tournament.

“It’s a great tournament,” said Bob Block, head coach for Oceanside Freedom from New York. “We’ve competed in this tournament for over seven years now and it’s very well-run. There is some great competition and Quantico is great.”

This is so cool,” said Sarah Taylor, player for Oceanside Freedom, Sunday. “This morning we came out to practice and got to see the Marines raise the flag.”

The tournament is broken into five divisions:

Virginia Cup: State cup champions or finalists and top teams from each state.

Premier Gold: Premier teams in each age group, typically Division I teams.

Premier Silver: Teams that compete in divisions II and III.

Premier Bronze: Teams that compete in Division IV of lower league play or are considered to be developing teams.

Festival: A special division for all levels that desire a competitive format of round-robin play without posting scores, tabulation rankings or receiving awards.

Severna Park Rage from Maryland and Westside Premier from Ohio advanced from the Gold Division. United Classic, also from Maryland, and Virginia’s Reston United 92 advanced from the Bronze Division, and Great Falls Freedom from Virginia and New Jersey’s Wychoff Torpedoes Red advanced from the Silver Division. Six teams from Sunday’s semifinal round advanced to Monday’s finals held at Occoquan Regional Park in Lorton, Va.

SOCCKER, *From C-1*

The MAG team seemed to be losing steam late in the second half, as a foul resulted in a direct kick by HQBN sweeper Bob Thurston, who skillfully shot the ball beneath every defending player on the field, using the grass’ slippery surface to score another goal, putting HQBN up, 5–2.

As the game wound to a close, the MAG defense began to allow HQBN many more assaults on their keeper, and Wilgus made the last strike by way of a high-kick directly in front of the MAG-24 keeper, putting the final score at 6–2.

“I really thought this would be a much closer game,” said Franco after the game. “I know what their players are capable of and, fortunately, our players were able to play up to their ability, and when that happens, there’s no stopping us. Don’t get me wrong, MAG is good, but they’re just not there yet.”

Concerned that his team may get discouraged after their loss to Headquarters Battalion, MAG-24 coach, Chris Voss discussed strategy in their games to come.

“Now we know what to expect,” said Voss to his players after the game. “We know they’re good. Now we just have to communicate, make our plays happen and show them that we are too, on our next meeting.”

GOAT, *From C-3*

chase the world hasn’t seen since O.J., followed by a car crash, followed by Crewe getting three years in the state pen. From there, Crewe is basically forced to put together a team of inmates to play against the guards in what amounts to a tune-up game for them before their prison guard league starts.

After that, the film is basically a series of one-liners set against the inmate’s team, dubbed the “Mean Machine,” getting ready for the big game. In between practices, there are hidden camera recordings with hints of “prison love” going on, Crewe having to pander to an 80-something oversexed prison secretary and transvestite cheerleaders working on their routines.

The last third of the movie is devoted to the actual big game itself. And yes, Rob Schneider gets his obligatory “You can do it!” moment during the game.

The film also includes Reynolds — this time playing the role of former Heisman winner and present day inmate coach Nate Scarborough, former NFL players Michael Irvin, Brian Bosworth, Bill Romanowski, and pro wrestlers Bill Goldberg, Kevin Nash and “Stone Cold” Steve Austin. And since the big game has been picked up by ESPN2 in the film, analysts Chris Berman, Dan Patrick and Jim Rome have what amount to cameo roles. Rapper Nelly also stars as running back for the “Mean Machine.”

Bottom Line: Without ruining the story for those who haven’t seen it yet, the inmates beat the guards in a football game when Adam Sandler, playing the roll of Paul “Wrecking” Crewe, scores on a last second two-point conversion. But you don’t have to have seen the film to see that one coming. Then, right after the game, it looks like Sandler is trying to escape (even though he is just going to pick up the game ball) and the warden orders a guard to shoot him. The guard raises the rifle, but doesn’t shoot Sandler. Sandler picks up the football and that’s pretty much it. Also, Chris Rock, playing the roll of “Caretaker” dies when a homemade bomb earlier in the movie burns him alive.



Sgt. Joseph A. Lee



Sgt. Joseph A. Lee

Above — Stefon Herbert, forward for Headquarters Battalion, sprints ahead of three MAG-24 players Monday night to gain possession of the ball. Herbert’s speed is just one of the many threats the Headquarters Battalion soccer team possesses that is allowing them to take control of the intramural soccer season this year. Many followers of this year’s intramural soccer season forecast that the championship will rest in either the hands of Marine Air Group 24 or Headquarters Battalion, as both teams pack impressive line-ups of skilled soccer players.

Right — Jason Januskiewicz cries out in agony after being assaulted by one of many apparitions at Pop Warner Field, Monday evening. Heckled by many of MAG-24’s players for his outlandish basketball-esque claims of fouls on the field, many are still puzzled at exactly what it was knocking Januskiewicz to the ground so many times during the game.

Proud to Serve

A tradition of service for more than 100 years.

 **Volunteers of America®**

There are no limits to caring.*

1.800.899.0089
VolunteersofAmerica.org
Provided as a public service.



Sgt. Joseph A. Lee

Kyle Miyahana (left) attempts to hold his ground as Mike Leonguerrero executes a hip toss to bring his opponent to the floor. Both fighters demonstrated their grappling skills at every available opportunity.

SHOWDOWN, From C-1

The second Marine fighter to enter the ring was Leonguerrero, a sergeant from Headquarters Battalion, who was fighting his second Mixed Martial Arts fight at FCS 3, after one loss in a fight on the island of Maui.

“My first fight I lost to an arm bar, but I was definitely winning that fight,” said Leonguerrero, a skilled kickboxer. “I’m sure after the fight on Maui, you’d have never guessed the other guy won by the way his face looked.”

This time, Leonguerrero entered the ring collected and ready to take down his competitor, Kyle Miyahana, a freelance fighter out of Kaneohe, Hawaii.

“I didn’t want to get too hyped up or worn out from adrenaline,” said Leonguerrero. “I was definitely nervous in front of such a large crowd, but when you get in the ring, you’ve got to be prepared to do what you have to, to get the win — I was ready.”

Throughout the first round, Leonguerrero seemed to be in control of the bout, standing up to Miyahana and boxing, only shooting for the take down when necessary.

“I knew he was a ju-jitsu fighter, so shooting in for a lot of takedowns was not my initial intention,” said Leonguerrero. “My plan was to beat my opponent standing up, and if I had to take him down, to do some ground-pounding rather than attempt for the submission.”

During the fight, however, Leonguerrero attempted several takedowns. One of which got him caught up in Miyahana’s arm bar that nearly submitted Leonguerrero in the first round.

“I knew I had to get out of it very quickly,” he said. “I could hear my coaches yelling for me to get down, and for some reason, I recalled Forrest Gump saying ‘get down, shut up,’ and that’s exactly what I did. Fortunately, I was able to escape.

Going into the second round, Leonguerrero’s coaches insisted he focus on the jab, and he connected on several quick left jabs to Miyahana’s chin, inviting return swings that Leonguerrero was able to fend off with his kickboxing skills.

“I thought I was definitely wearing him out,” said Leonguerrero. “I was connecting on a lot of punches and kicks, but then I made a huge mistake.”

Late in the second round, Leonguerrero shot directly into Miyahana’s hips, and he was quickly submitted with a guillotine choke.

“You only have seconds to react to something like that,” said Leonguerrero. “When someone has a you in a good choke like that, it’s tap or pass out — the decision must be made in milliseconds.”

Miyahana was awarded the win by way of tap out, and the second Marine fighter of the night was forced to accept the loss.

“I definitely enjoyed the fight, but it’s a risky sport for a Marine to be involved in, because you have to be careful not to put yourself in a position where you could break a limb or otherwise put yourself out of commission physically, which makes you much more vulnerable to submission techniques, and

much less resistant,” said Leonguerrero. “You don’t want to ruin your career for a sport. That’s the last thing any of us want.”

According to Ed Hanlon of Marine Corps Community Services Marketing, Full Contact Showdown 3 was a resounding success, and a title match has already been scheduled for July 3, when undefeated Full Contact fighter Steve Byrnes will fight Bryson Kamaka for the Full Contact Showdown Title Belt here at K-Bay during BayFest. Kamaka will be moving up in weight, from 175 to 185 to fight Byrnes.

“I give all the respect in the world to any fighter who has (what it takes) to step into this ring, and I look forward to and invite you all to come see this fight at BayFest,” said Byrnes.



Sgt. Joseph A. Lee

Makoa Hanaike (right), slugs away at helpless Justin Holcombe at the end of their match, Saturday night. Holcombe can be seen tapping his head with his right hand, indicating that he has had enough.